

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

Epidemic Poliomyelitis Abating

Epidemic poliomyelitis, which has been present in California during the summer months, has abated greatly and other states are now experiencing the same difficulties with this disease that California suffered during July and August. Poliomyelitis is now about half as prevalent in California as it was in July, when the epidemic reached its peak. New York, Ohio, Kansas and other states are now combating the increased prevalence of this disease and in some communities within those states drastic control measures are employed. In California, the use of stringent methods of control, such as closing schools, theaters and other meeting places, was discouraged, as such procedures are of no proven value in curbing the spread of the disease. The value of this policy is indicated in the abatement of the epidemic in this state without resort to the employment of drastic, fear-provoking, ineffective methods of control. The following table shows the trend of epidemic poliomyelitis in California during the present year:

County	January to June 30	July	August	September first two weeks
Alameda	4	--	1	--
Colusa	--	--	1	--
Contra Costa	2	--	--	--
Fresno	8	3	4	5
Humboldt	--	--	--	3
Imperial	10	1	1	2
Kern	4	7	2	--
Kings	2	1	--	--
Los Angeles	190	342	138	57
Madera	--	--	1	1
Marin	--	2	2	--
Mariposa	1	--	--	--

Merced	--	--	--	1
Monterey	1	--	1	--
Orange	20	11	6	2
Placer	--	1	--	1
Riverside	15	15	9	--
Sacramento	2	1	--	--
San Bernardino	29	18	7	--
San Diego	9	12	7	3
San Francisco	6	9	25	19
San Joaquin	--	1	2	2
San Luis Obispo	1	1	--	3
San Mateo	2	1	1	1
Santa Barbara	3	13	7	4
Santa Clara	1	--	5	3
Santa Cruz	--	1	1	1
Sonoma	4	2	4	--
Stanislaus	--	--	--	1
Tehama	1	--	--	--
Tulare	2	5	1	--
Ventura	--	1	1	--
California	1	2	2	2
Totals	318	450	229	111

HEALTH OFFICERS RECEIVE APPOINTMENTS

Dr. M. C. Blume has been appointed city health officer of Calipatria, to succeed Dr. E. H. Kersten.

Dr. L. L. Robinson has been appointed city health officer of Corte Madera, to succeed Dr. A. F. Roberts.

No amount of experimentation can ever prove me right. A single experiment may at any time prove me wrong.—*Einstein*.

How is it that, one fine morning, Duchenne discovered a disease which probably existed in the time of Hippocrates?—*Charcot*.

MANY NURSES SUCCESSFUL IN EXAMINATION

The following is a list of those nurses who were successful in the examination for public health nursing certificate held at San Francisco and Los Angeles on August 23, 1930:

Allen, Marion Gertrude, Albany, Oregon.
Anderson, Violet Anna, Downey.
Black, Alice Gertrude, Oakland.
Borree, Ramona Agnes, Hayward.
Brown, Mrs. Catherine A., Fortuna.
Cavanaugh, Myrtle Loretta, San Francisco.
Cecil, Mary Wilbur, San Fernando.
Chisholm, Kathleen May, Pasadena.
Crandall, Lu, Berkeley.
Dickens, Violet G., Oakland.
Dieser, Margot C. L., San Francisco.
Dozier, Adele, Carmel.
Dunn, Dorothy, San Francisco.
Feaver, Ethel M., Fowler.
Gallagher, Anne, Santa Barbara.
Gallagher, Audra (Mrs.), Oakland.
Hampton, Mary P., Fresno.
Hansen, Helenie, San Francisco.
Hansen, Mildred W., Stockton.
Harvey, Hesther Ann, Piedmont.
Hopkins, Frances R., Berkeley.
Hussey, Mildred M., Whittier.
Jenks, Edith Margaret, Stanford University.
Johnson, Vera B., San Francisco.
Lothrop, Naomi Grace, Sacramento.
Marshall, Annie L., Los Angeles.
McClellan, Helen E., Martinez.
McKenna, Agnes I., Los Angeles.
MacKenzie, Christina, Stanford University.
Manuell, Lula Twiford, San Francisco.
Morozoff, Bess Brown, San Francisco.
Mulvaney, Winifred, San Francisco.
Murphy, Louise M., Santa Cruz.
Peck, June, Berkeley.
Richman, Ethel H., Oakland.
Roach, Marion Coyle, Oakland.
Rock, E. Pattie, San Francisco.
Rolleri, Jeannette Catherine, San Francisco.
Rose, Ethel May, San Francisco.
Rothrock, Frances K., Oakland.
Small, Katharine F., Paso Robles.
Sohl, Rachel M., San Francisco.
Stremlau, Alvina M., San Francisco.
Voelker, Winifred Mary, San Francisco.
Willard, Hilda, Stanford University.
Yamamoto, Barbara, Berkeley.

COMMUNICABLE DISEASES AT LOW EBB

At this season of the year, most of the reportable diseases are low in prevalence. This is particularly conspicuous with relation to measles, scarlet fever, chickenpox and other diseases which are commonly found among young children. Typhoid fever is slightly more prevalent at this season and diphtheria

is inclined to show a rise at this time. With the advent of late fall and winter, pneumonia, common colds and respiratory infections that exact a heavy toll of lives begin to increase in numbers. More deaths from respiratory diseases occur during the winter months than during any other months of the year. For this reason, the maintenance of the highest standards of personal hygiene is of greatest importance during the approaching late fall and winter months.

STATE FAIR EXHIBIT

The State Department of Public Health maintained an exhibit in the Educational Building at the State Fair in Sacramento. The display consisted entirely of animated charts and models illustrative of the trend of births and deaths in California. Literature upon public health subjects was distributed to all who expressed interest in the subject. Between 150,000 and 200,000 people visited the exhibit, the night fair drawing almost as many people as the daylight hours. Most of those who came during the day were residents of the rural districts and those who came at night were residents of Sacramento and cities within a radius of one hundred or more miles from the Capitol.

EPIDEMIC AMONG HORSES

Following the receipt of reports from the San Joaquin Valley that horses were dying of a disease resembling botulism, the State Department of Public Health made an investigation in order to determine if this epidemic among horses might constitute any sort of menace to the health of human beings. It was found that many horses in the San Joaquin Valley, from Modesto to Bakersfield, are suffering from an epidemic disease which is probably an encephalitis. There is no reason to believe that the outbreak is in any way a menace to the health of human beings. It is known to veterinary science as Borna Disease.

The symptoms of difficulty in swallowing, depression, muscular weakness and paralysis gave rise to the idea that the disease might be botulism, but it was determined that this disease is not involved. The Hooper Foundation for Medical Research cooperated with the State Department of Public Health in making this investigation and in reporting the findings.

The wisest psychology will never replace quinine and mercury in the cure of certain diseases, nor can it obviate the necessity of operative procedure for a perforated appendix.—C. F. Martin.

QUESTIONS IN PUBLIC HEALTH NURSING EXAMINATION

The August examination for certificate as public health nurse, given by the State Department of Public Health, consisted in part of twenty-five true and false statements upon general public health subjects which the candidates were instructed to designate as to their truth or falsity.

These statements, designated correctly as to their truth or falsity, are reproduced here. The regular questions, which required written answers, are also presented here.

It will be noted that a wide range of subject matter is covered in this examination. Forty-six out of fifty-seven nurses who took the examination succeeded in getting a passing grade.

1. Mark X in column 1, following all statements which are correct.

2. Mark X in column 2, following all statements which are incorrect.

	Column 1 correct	Column 2 incorrect
1. Maternal mortality rate includes still-births at term-----	X	
2. The use of the prophylactic for ophthalmia neonatorum is required by law in California-----		X
3. The State Board of Public Health charges 10 cents per ampoule for the prophylactic-----		X
4. Vaccination against typhoid fever should be repeated every two years-----	X	
5. Trichinosis develops from rabbits-----		X
6. Trichinosis is diagnosed by the increase of certain white blood cells; i.e., eosinophils-----	X	
7. Trichinosis is controlled by hanging the carcasses of all animals who are prone to this disease at 50 degrees centigrade for 21 days-----		X
8. Local health laws must meet federal health laws if meat or other foods are shipped out of the state-----	X	
9. Dairies can be easily cleaned up from brucella abortus infections-----	X	
10. All dairies in California are required by law to be free of tuberculosis-infected cattle-----		X
11. All dairies producing certified milk are free from tuberculosis and brucella abortus infection-----	X	
12. Lues is a milk-borne disease and may cause an epidemic among the human population-----		X
13. Septic sore throat and scarlet fever are not often causes of epidemics through the milk supply-----		X
14. A rabid dog should be killed and buried or burned-----		X
15. The incubation period in measles is 2 days. The incubation period in scarlet fever is 8 to 14 days-----		X
16. Two directions for good posture: Put your shoulders back. Toe out-----		X
17. Directions as to good posture should precede all physical exercises-----	X	
18. Vitamines are more valuable served from concentrated preparations; in liquid or package form-----		X
19. Milk of an unknown quality is better than no milk in diet-----		X

20. Evaporated milk is a good preparation for long sea or motor or train trips-----	X
21. Boiling milk destroys vitamins-----	X
22. Orange juice and cod liver oil obviate faults caused by boiling milk-----	X
23. Control of venereal diseases is an important part of a public health program. These diseases endanger eyes, cause pelvic inflammation, sterility, nervous diseases, but are not prone to transmission to another individual or to offspring-----	X
24. Arrangements for correction of defects is an important part of school nursing-----	X
25. A balanced ration should contain meat, or eggs or fish three times a day; starches at every meal in breads or puddings, potatoes, rice, hominy, macaroni, and fresh fruit-----	X

ANSWER ALL QUESTIONS

Answers Should Be Limited to Three Pages

1. You are employed by the county board of supervisors of the rural county of 5000 population, as a county public health nurse. On your arrival in the county you find that mild smallpox has been spreading over the county for six weeks. What would be your procedure to help control the situation?

2. (a) How do you account for the small number of paralyzed cases in an epidemic of anterior poliomyelitis?

(b) What measures should a community adopt toward contacts in an epidemic of poliomyelitis?

3. If you were sent as a public health nurse into a section of country composed of a small town and a rural district, which hitherto has had no public health service, how would you plan to organize this service? What would be your apportionment of time to each branch of the work? Work out a detailed program considering every duty which might be included in such a program as well as plans for instituting all branches of public health work as the need is indicated, taking also into consideration possibilities of local opposition to the services of a public health nurse and the public health program in general. Arrange in order of importance the various phases of this work.

We see the weakness and credulity of men is such as they will often prefer a mountebank or witch before a learned physician.—*Lord Bacon*.

“To elevate and surprise” is the great art of quackery and puffing; to raise a lively and exaggerated image in the mind, and take it by surprise before it can recover breath.—*Hazlett*.

The most disastrous times have produced the greatest minds. The purest metal comes of the most ardent furnace, the most brilliant lightning comes of the darkest clouds.—*Chateaubriand*.

MORBIDITY*

Diphtheria.

16 cases of diphtheria have been reported, as follows: Oakland 1, San Leandro 2, Los Angeles County 2, Huntington Park 1, Long Beach 1, Los Angeles 2, Santa Monica 1, Bell 1, Napa 1, Santa Ana 1, Redlands 1, San Francisco 2.

Scarlet Fever.

34 cases of scarlet fever have been reported, as follows: Berkeley 1, Oakland 2, Fresno County 1, Los Angeles County 1, Huntington Park 1, Long Beach 3, Los Angeles 6, Santa Ana 1, Sacramento 1, Oceanside 1, San Diego 1, San Francisco

*From reports received on September 22d and 23d for week ending September 20th.

4, San Joaquin County 1, Stockton 3, San Mateo County 1, Daly City 1, Oakdale 4, Ventura 1.

Measles.

41 cases of measles have been reported, as follows: Alameda County 1, Berkeley 1, Oakland 9, San Leandro 1, Colusa County 2, Orland 1, Los Angeles County 2, Burbank 1, Los Angeles 3, Monrovia 1, Santa Monica 1, Torrance 1, Orange County 2, Fullerton 1, Sacramento 1, Colton 1, San Diego 6, San Francisco 1, Santa Barbara 1, Tulare County 1, Exeter 1, Ventura County 2.

Smallpox.

3 cases of smallpox have been reported as follows: Kern County 1, Roseville 2.

Typhoid Fever.

20 cases of typhoid fever have been reported, as follows: Fresno 1, Kern County 1, Los Angeles 1, Madera County 1, Laguna Beach 1, Roseville 1, Sacramento County 9, San Diego County 1, San Joaquin County 1, Stockton 2, California 1.**

Whooping Cough.

107 cases of whooping cough have been reported, as follows: Alameda 1, Berkeley 2, Oakland 6, Fresno County 2, Bishop 4, Los Angeles County 7, Alhambra 2, Long Beach 1, Los Angeles 32, Monrovia 1, San Gabriel 5, Santa Monica 5, Monterey County 2, Orange County 1, Fullerton 1, Sacramento 8, San Bernardino 2, San Diego 2, San Francisco 7, San Luis Obispo County 1, San Luis Obispo 1, Santa Barbara County 4, Santa Barbara 1, Sunnyvale 2, Tehama County 3, Exeter 1, Ventura County 3.

Meningitis (Epidemic).

3 cases of epidemic meningitis have been reported, as follows: Long Beach 1, San Francisco 2.

Encephalitis (Epidemic).

2 cases of epidemic encephalitis have been reported, as follows: Fresno County 1, Santa Barbara 1.

Food Poisoning.

8 cases of food poisoning have been reported, as follows: Los Angeles 4, Huntington Park 4.

Undulant Fever.

Kern County reported one case of undulant fever.

Coccidioidal Granuloma.

3 cases of coccidioidal granuloma have been reported, as follows: Kern County 1, Los Angeles 1, Orange County 1.

Poliomyelitis.

66 cases of poliomyelitis have been reported, as follows: Jackson 1, Los Angeles County 5, Alhambra 1, Burbank 1, Glendale 1, Long Beach 1, Los Angeles 19, Monrovia 1, San Fernando 1, Santa Monica 2, Monterey Park 2, Madera County 1, Madera 1, Merced County 1, Laguna Beach 1, San Diego County 1, San Diego 1, San Francisco 17, Stockton 1, Paso Robles 1, San Luis Obispo 3, Santa Barbara 1, Sonoma County 1, Tehama County 1.

**Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

COMMUNICABLE DISEASE REPORTS

Disease	1930				1929			
	Week ending			Reports for week ending Sept. 20 received by Sept. 23	Week ending			Reports for week ending Sept. 21 received by Sept. 24
	Aug. 30	Sept. 6	Sept. 13		Aug. 31	Sept. 7	Sept. 14	
Actinomycosis.....	0	0	0	0	0	0	1	0
Botulism.....	0	0	5	0	0	0	0	0
Chickenpox.....	23	45	48	59	28	51	47	83
Coccidioidal Granuloma.....	0	0	0	3	0	1	1	0
Diphtheria.....	28	30	38	16	36	29	24	37
Dysentery (Amoebic).....	2	1	0	0	3	2	0	0
Dysentery (Bacillary).....	0	1	1	6	13	4	0	1
Encephalitis (Epidemic).....	1	3	2	2	1	2	0	2
Erysipelas.....	3	9	10	5	12	3	5	9
Food poisoning.....	34	10	3	8	17	0	0	1
German Measles.....	9	9	9	3	5	3	8	6
Gonococcus Infection.....	121	108	198	143	104	133	127	112
Hookworm.....	0	0	0	0	0	0	0	0
Influenza.....	17	13	13	11	8	6	12	10
Jaundice (Epidemic).....	0	0	0	0	1	0	0	0
Leprosy.....	0	0	0	0	0	0	1	0
Malaria.....	23	3	1	0	4	3	5	2
Measles.....	64	43	48	41	30	32	26	32
Meningitis (Epidemic).....	4	2	5	3	5	7	3	6
Mumps.....	62	70	91	84	104	77	110	157
Ophthalmia Neonatorum.....	0	0	0	0	0	1	0	0
Paratyphoid Fever.....	0	0	1	1	1	1	0	0
Pellagra.....	2	0	1	1	6	0	2	2
Pneumonia (Lobar).....	16	35	18	24	49	36	18	27
Poliomyelitis.....	57	50	61	66	7	4	8	5
Rabies (Animal).....	9	16	14	8	8	14	14	17
Scarlet Fever.....	35	32	40	34	64	70	56	71
Smallpox.....	7	11	11	3	24	13	21	22
Syphilis.....	139	108	119	183	184	121	164	84
Tetanus.....	0	1	1	0	2	2	2	1
Trachoma.....	3	3	9	3	0	1	3	1
Trichinosis.....	2	0	1	0	0	0	0	0
Tuberculosis.....	201	240	173	151	234	191	150	150
Tularemia.....	1	0	0	0	2	0	0	0
Typhoid Fever.....	16	16	18	20	20	21	13	7
Typhus Fever.....	0	0	0	0	0	0	0	0
Undulant Fever.....	3	5	1	1	3	1	1	2
Whooping Cough.....	80	93	123	107	117	108	107	115
Totals.....	962	957	1,063	986	1,092	937	929	962

Epidemic poliomyelitis shows a slight secondary rise.

Typhoid fever is in evidence.

Smallpox has dropped to near the vanishing point.

Most of the reportable diseases are low in prevalence.